



OLD GLORY

Volume 9, Issue 12

December 2023



December



pennsylvania

DEPARTMENT OF MILITARY
AND VETERANS AFFAIRS

SOUTHWESTERN
VETERANS' CENTER

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Veterans Affairs**

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NATIONAL HUMAN RIGHTS MONTH

December recognizes National Human Rights Month. This month and every month to follow, everyone in the United States is encouraged to come together and stand up for equality, justice, and the dignity of all humans. December is a time to honor the Universal Declaration of Human Rights, an international document stating the fundamental rights and freedoms to which all human beings are entitled. These rights include freedom from discrimination, the right to equality, and the right to be considered innocent until proven guilty.



LEARN A FOREIGN LANGUAGE MONTH

Learning another language comes with a wealth of benefits. That's why December is National Learn a Foreign Language Month. Most people learn a second language while in school. They may not be proficient in the language, especially if they do not have the opportunity to speak conversationally in that language. However, the opportunity to learn another language comes with many benefits.



ROSA PARKS DAY

Rosa Parks Day honors an American Civil Rights hero twice a year on February 4th or December 1st. The holiday recognizes the civil rights leader Rosa Parks. On December 1, 1955, after a long Thursday at work, Rosa Parks boarded a bus in Montgomery, Alabama. She took her seat in the 'colored' section. As she rode the Cleveland Avenue bus home, the bus began to fill.

SAINT NICHOLAS DAY

On December 6th, Saint Nicholas Day recognizes the third-century saint who became an inspiration for the modern-day Santa Claus. St. Nicholas is known for selling all his possessions and giving his money to the poor. Raised as a devout Christian, St. Nicholas dedicated his whole life to serving the sick and suffering.



**Happy
Chanukah!**



CHANUKAH

Chanukah also spelled Hanukkah and known as the Festival of Lights, is an eight-day Jewish holiday commemorating the re-dedication of the Holy Temple in Jerusalem at the time of the Maccabean Revolt of the 2nd century BCE. Hanukkah is observed for eight nights and days. According to the Hebrew calendar, it starts on the 25th day of Kislev, which may occur from late November to late December in the Gregorian calendar.

NATIONAL PEARL HARBOR REMEMBRANCE DAY

Each year in the United States, National Pearl Harbor Remembrance Day honors all those who lost their lives when Japan attacked Pearl Harbor on December 7, 1941. More than 3,500 Americans lost their lives or were wounded on that solemn day.

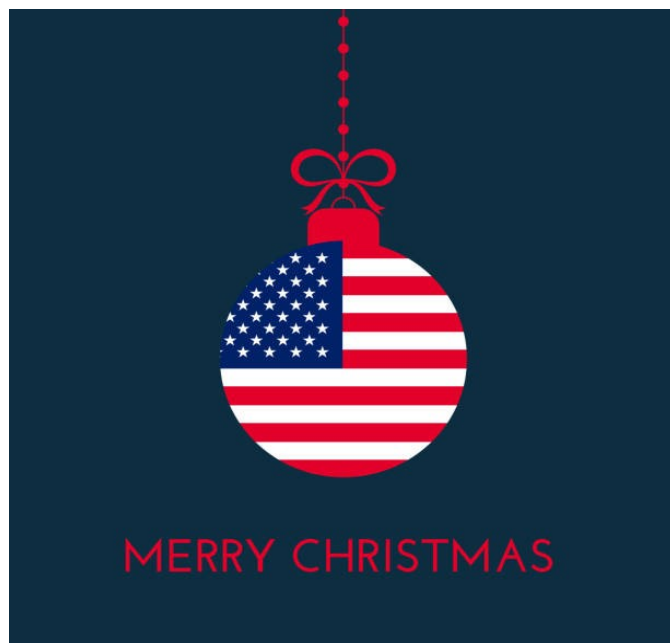


NATIONAL WREATHS ACROSS AMERICA DAY

National Wreaths Across America Day is the culmination of a yearlong mission to Remember the fallen, Honor those who serve and Teach the next generation the value of freedom. This mission is in part carried out each December with the placement of sponsored veterans' wreaths on the headstones of those who have served our country. The observance is designated annually on a Saturday in December by Congress.

CHRISTMAS DAY

Every year on December 25th, over 2 billion people around the world celebrate Christmas Day. Traditionally, Christmas is a celebration of the birth of Jesus Christ. Nonreligious people and those of different faiths celebrate the day as a cultural event. Christmas traditions vary around the world and have evolved over time. They borrow from other traditions and cultures, too. Over time, beliefs and customs blended as peoples migrated and attitudes changed.





DECEMBER BIRTHDAY CLUB

Albert H.

Paul M.

Robert S.

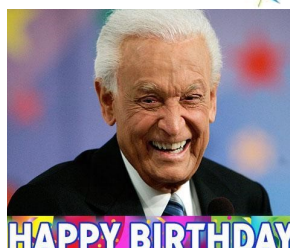
Paul S.

Leon W.

Carrie B.

Catherine G.

Gregory H.



HAPPY BIRTHDAY



HAPPY BIRTHDAY

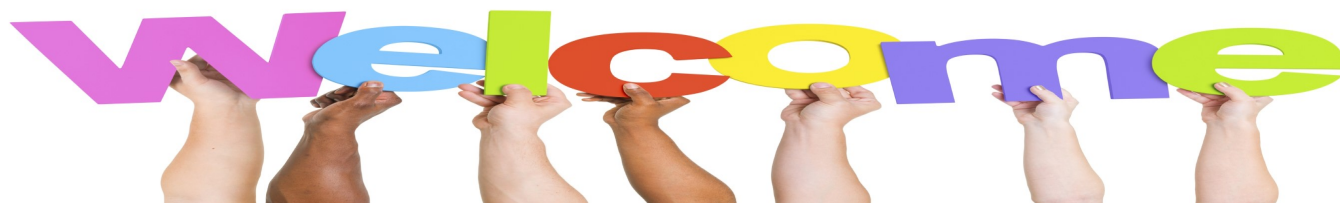
New Admissions



Harry C.

Josephine D.

Thomas C.



In Memory of our Comrades-In-Arms



It is with deep sorrow that we announce the death of Frank L. Kresak (Bridgeville, Pennsylvania), who passed away on November 9, 2023, at the age of 94, leaving to mourn family and friends. Leave a sympathy message to the family in the guestbook on this memorial page of Frank L. Kresak to show support.

He was predeceased by : his wife Dolores Kresak (Stittich); his parents, Helen Kresak and Leo Kresak; and his siblings, Andrew and Marie Kresak.

He is survived by : his children, Thomas (Katie), Frank (Patty), Kathy Morton (Dave) and Karen (Steve); his grandchildren, Anthony (Lauren), Brian, Matthew (Jackie), Zachary (Rachelle), Gregory (Kristin), Jennifer (Justin), Alyssa (Anthony), Amanda (Brian), Robert Shannon Jr. and Kimberly; and his great grandchildren, Dominick, Harley, Sophia, Cecilia, Zoey, Meadow, Riley, Carter, Kylee, Breanna, Shyla, Maximus, Samantha and Josephine.

A burial was held on Friday, November 17th 2023 at 11:00 AM at the National Cemetery of the Alleghenies (1158 Morgan Rd, Bridgeville, PA 15017).

Social Services

RESIDENT SPOTLIGHT



Robert was born and raised in Canton, Ohio. He enlisted in the Navy when he was 18. He says he chose the Navy over the Army because in the Navy he got to travel to a lot of places. Robert also says that he joined because it's either enlisting where you get to choose what you want to do, or be drafted and not be able to choose. When Robert joined the Navy, he was in good shape, so he actually enjoyed boot camp. Robert was in the Navy for a total of 8 years, and when he left he was an Aviation Ordnance Man Second-Class. He began on the USS Yorktown and later was on the USS Princeton. Robert says that being in combat is very serious because the enemy is trying to take your life, so you have to do the same - which is very hard to do.

Robert went into the motion picture business after he left the Navy. He was a writer for several movies and also helped create the TV show "In Search Of...". Robert was also recruited by an intelligence group out of Washington, D.C. who sent him to work in Moscow. Robert has lived in Pittsburgh for about two years now, and has two daughters and a son. He recommends young people today join the military because if another nation invades the US, people should know how to defend it. An important thing that he learned in the military is how to do things alone and with a unit. Robert would do it all over again if he could, but he says he would go to college first so he could be an officer.

You'll never know where to find Robert at Southwestern Veterans Center. He likes walking around the building, but he's always smiling and willing to stop and talk about his very interesting life!

Thank you and Happy Birthday Mr. Morgan!



Social Services

RESIDENT SPOTLIGHT



Paul grew up in Point Breeze. He enlisted in the Navy when he was 19 and a half. Paul says he chose the Navy because he didn't want to go to Vietnam, and he says he joined altogether because he knew the draft was coming up. Boot camp for Paul was very cold because it was during November, December, and January. In the Navy, Paul was considered a Machinery Repairman. Paul was in the navy for a total of "three years, eleven months, and twenty-nine days". He was stationed in Spain, Vietnam, Connecticut. In Vietnam, Paul did Navy Special Services, which was supplying everyone with radios, games and recreation materials. When Paul left the Navy, he was an E5, and he got to drive home in his '72 Chevelle. After the Navy, Paul worked as a machinist. He has been married for 47 and has two kids and one granddaughter. Paul has lived at SWVC since December 13 of last year.

Happy 74th Birthday Paul!



Social Services

RESIDENT BIRTHDAY LOVE



Jerome B.

Navy



Kenneth C.

Navy



Jesse H.

Navy



Social Services

RESIDENT BIRTHDAY LOVE



Edmund K.
Army



Daniel Q.
Army



Josephine S.



Social Services

alzheimer's  association®



Southwestern Veterans' Center Support Groups

Presented by:

Alzheimer's Association

Greater Pennsylvania

OPEN TO CAREGIVERS OF VETERANS AND NON-VETERANS

1st Tuesday @ 12pm In-Person / 2nd Monday @ 6pm Virtually

Southwestern Veterans' Center Chapel
7060 Highland Drive
Pittsburgh, PA 15206

CONTACT: Dorothy Yam, Support Group Facilitator
Yam.Dorothy@medstudent.pitt.edu

Visit alz.org/pa to learn more about caregiver programs and resources. To further extend your network of support, visit ALZ connected®, our online community, at alzconnected.org.

Build a support system with people who understand.

Alzheimer's Association® support groups, conducted by trained facilitators, are a safe place for people living with dementia and their care partners to:

- Develop a support system.
- Exchange practical information on challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.

800.272.3900 | alz.org®

Social Services

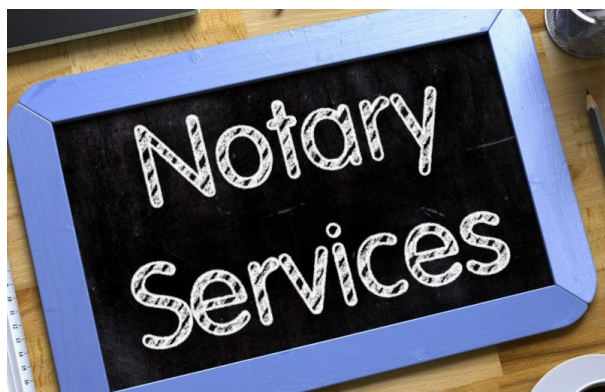
INVENTORY ITEMS...

When new items are obtained, please stop at our Security desk and have a Security Officer complete an inventory form.

Security will ensure the items such as clothing & blankets get sent to laundry for labeling. There are also other things that need inventoried such as TV's/radios and chairs.

Inventory is vital in case an item needs to be replaced.

****If you have any questions regarding this process, please contact Social Services for clarification.****



If any resident needs something notarized please see your Social Worker.

Natalie Fewell is the facility Notary if anything is needed.

I am not an attorney licensed to practice law in this Commonwealth. I am not allowed to draft legal records, give advice on legal matters, including immigration, or charge a fee for those activities.

No soy un abogado con licencia para ejercer la abogacía en esta Commonwealth. No se me permite redactar registros legales, dar asesoramiento sobre asuntos legales, incluyendo inmigración, o cobrar una tarifa por esas actividades.

Revenue Department

REVENUE DEPARTMENT 2024 Reassessment time is approaching,
the Revenue Department will be requesting financial documents:

2023 December Bank Statement

2023 Health Insurance premiums

Medicare PT D premiums

2023 IRA/annuity/interest income

2023 Social Security/Railroad award letter

2023 Real estate taxes for Spouse

2023 VA award letter

Mortgage/Rent homeowner's insurance

****If you have questions notify us at 412.665.6736 (Alicia), 412.665.6776 (Lisa)**

Safety Moment



IFSS SAFETY BULLETIN

December's topic:

Safety Checks for Resident Items



As the holidays approach here at SWVC, just a friendly REMINDER to ANYONE who may bring in anything to our Residents as a gift or a needed item, to prevent our Residents from getting hurt SAFETY CHECKS should be done on all items such as electronics and/or furniture, etc. This process is simple and can be completed with our Security Department. When you bring an item in for example like a TV, please do the following process:

Check-in with Security at the Front Desk

Complete a Residents Inventory of Personal Items/Effects Form, so the item is documented to that Resident.

Please leave the item at the Security Desk for Maintenance to pick up and conduct an item safety check on the item. Security will notify Maintenance via phone / email of the item to be picked up. Please give a few days for this process to be completed.

If you are not sure if the item is allowed at SWVC, please verify with your Social Worker and they will consult with the IFSS and/or Maintenance to make sure no fire and life safety rules / regulations are being broken. Since SWVC is an LTC facility we are under federal and state guidelines for fire and life safety rules / regulations.

QUESTIONS??? ON THIS OR ANY OTHER SAFETY TOPIC...

SEE MICHAEL KAZMARSKI, IFSS FOR THE ANSWERS!

**NO MATTER WHAT YOU DO,
SAFETY STARTS WITH YOU.**



Sun

MP-MULTI-PURPOSE ROOM
AC-ACTIVITIES ROOM
CT-COURTYARD
C-CHAPEL
L-LOBBY
2SP-2S PATIO
OUTDOOR ACTIVITIES-TBA/
WEATHER DEPENDENT
TBA-TO BE ANNOUNCED

3

8:30-10:00 COFFEE/
FREESTYLE ACTIVITIES-AC
10:00 CHANNEL 95
CATHOLIC MASS-MP
2:00 BINGO: VFW 7714 IMPERIAL-MP
6:30 AA Meeting-Chapel

10

8:30-10:00 COFFEE/
FREESTYLE ACTIVITIES-AC
10:00 CHANNEL 95
CATHOLIC MASS-MP
2:00 PROTESTANT SERVICE WITH
GEORGE POE-CHAPEL
6:30 AA Meeting-Chapel

17

8:30-10:00 COFFEE/
FREESTYLE ACTIVITIES-AC
10:00 CHANNEL 95
CATHOLIC MASS-MP
2:00 BINGO: MOPH CHAPTER 455
SPONSORED-MP
6:30 AA Meeting-Chapel

24

8:30-10:00 COFFEE/
FREESTYLE ACTIVITIES-AC
10:00 CHANNEL 95
CATHOLIC MASS-MP
2:00 BINGO: SWVC VETERANS FUND
SPONSORED-MP
6:30 AA Meeting-Chapel

31 New Year's Eve

8:30-10:00 COFFEE/
FREESTYLE ACTIVITIES-AC
10:00 CHANNEL 95
CATHOLIC MASS-MP
2:00 NEW YEAR'S EVE BINGO:
DAY CHAPTER #76-MP
4:05 STEELERS GAME ON BIG SCREEN-MP
6:30 AA Meeting-Chapel

Mon



4 8:30-10:00 COFFEE/FREESTYLE
ACTIVITIES-AC
10:30-12:00 AND 1:00-3:00
SANTA'S WORKSHOP WITH THE
AMERICAN LEGION AUXILIARY-701
WHITE OAK-MP
4:00 HYDRATION CARTROOM VISITS
7:00 WII BOWLING-MP

11

8:30-10:00 COFFEE/FREESTYLE
ACTIVITIES-AC
10:30 BENCHMARK
EXERCISE GROUP-MP
2:00 THE BELAIR'S-MP
4:00 HYDRATION
CARTROOM VISITS
7:00 WII BOWLING-MP

18

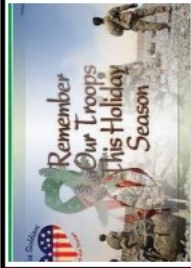
8:30-10:00 COFFEE/FREESTYLE
ACTIVITIES-AC
10:30 BENCHMARK
EXERCISE GROUP-MP
1:30 OPERATION SANTA CLAUS AND
ENTERTAINMENT-MP
4:00 HYDRATION CARTROOM VISITS
7:00 POKER NIGHT-MP

25 Christmas

10:00 MOVIE: CHRISTMAS STORY-MP
1:00 FOOTBALL ON THE BIG SCREEN:
RAIDERS @ CHIEFS-MP
6:30 MOVIE: IT'S A
WONDERFUL LIFE-MP



Tue



5 8:30-10:00 COFFEE/FREESTYLE
ACTIVITIES-AC
10:15 RESIDENT COUNCIL-MP
1:30-3:30 FREESTYLE ACTIVITIES-AC
2:00 DUQUESNE LIGHT GIFT
DISTRIBUTION-UNIT
7:00 POKER NIGHT-
SPONSORED BY
KITTY'S DAUGHTER MARY-MP

12

8:30-10:00 COFFEE/FREESTYLE
ACTIVITIES-AC
10:30 CERAMICS-AC
2:00 SINGER: DOUG EDGELL-MP
4:00 HYDRATION CARTROOM VISITS
6:30-8:30 FREESTYLE ACTIVITIES-AC
6:30-8:30 UNIT BASED 1:1 VISITS

19

8:30-10:00 COFFEE/FREESTYLE
ACTIVITIES-AC
10:30 POST VISIT: AL 351
PENN HILLS-SL
1:30-3:30 UNIT BASED 1:1 ACTIVITIES
4:00 HYDRATION CARTROOM VISITS
7:00 BINGO: MARINE CORPS
LEAGUE-MP

26 Kwanzaa

8:30-10:00 COFFEE/FREESTYLE
ACTIVITIES-AC
10:00 CARD GAMES-AC
2:00 BINGO: GROW-N-LEARN DAYCARE
SPONSORED-MP
4:00 HYDRATION CARTROOM VISITS
6:30 ROOM TO ROOM VISITS-UNITS
6:30 FREESTYLE ACTIVITIES-AC

Wed



6 8:30-10:00 COFFEE/FREESTYLE
ACTIVITIES-AC
10:30 BENCHMARK
EXERCISE GROUP-MP
1:15 SHOPPING TRIP-L
4:00 HYDRATION CARTROOM VISITS
6:30 ADAPT FORE VET GOLF PROGRAM-MP

13 Holiday Luncheon

8:30-10:00 COFFEE/FREESTYLE
ACTIVITIES-AC
10:30 BENCHMARK
EXERCISE GROUP-MP
1:15 SHOPPING TRIP-L
4:00 HYDRATION CARTROOM VISITS
6:30-8:30 FREESTYLE ACTIVITIES-AC
6:30-8:30 UNIT BASED 1:1 VISITS

20

8:30-10:00 COFFEE/FREESTYLE
ACTIVITIES-AC
10:30 BENCHMARK
EXERCISE GROUP-MP
11:00 VETERANS FUND MEETING-2N
1:15 AS SHOPPING TRIP-L
4:00 HYDRATION CARTROOM VISITS
7:00 BINGO: VFW 9199-MP

27

8:30-10:00 COFFEE/FREESTYLE
ACTIVITIES-AC
10:30 BENCHMARK
EXERCISE GROUP-MP
1:15 BACK-UP LIST SHOPPING TRIP-L
4:00 HYDRATION CARTROOM VISITS
7:00 WHEEL OR FORTUNE-MP

Thu



7 Pearl Harbor Remembrance Day
8:30-10:00 COFFEE/FREESTYLE
ACTIVITIES-AC
9:00 POLICE PATCH TREE-LOBBY
10:30 BENCHMARK EXERCISE-MP
1:30-2:30 ICE CREAM SOCIAL-MP
2:00 BINGO: AL AUX POST 980 PLUM-MP
2:30 MUSIC THERAPY WITH JERRY-4N
4:00 HYDRATION CARTROOM VISITS
7:00 BINGO: VFW 2754 WEST VIEW-MP

14 Holiday Luncheon

8:30-10:00 COFFEE/FREESTYLE
ACTIVITIES-AC
10:30 BENCHMARK
EXERCISE GROUP-MP
1:00-4:00 COOKIE BAKING-AC
2:30 MUSIC THERAPY WITH JERRY-4N
4:00 HYDRATION CARTROOM VISITS
6:30 KEYSTONE CHORUS-MP

21 Winter begins

8:30-10:00 COFFEE/FREESTYLE
ACTIVITIES-AC
10:30 BENCHMARK EXERCISE GROUP-MP
1:30-2:30 ICE CREAM SOCIAL-MP
2:00 BINGO: BPOE 57 WILKINS LODGE-MP
2:30 MUSIC THERAPY WITH JERRY-4N
4:00 HYDRATION CARTROOM VISITS
7:00 BINGO: THE ELKS-MP

28

8:30-10:00 COFFEE/FREESTYLE
ACTIVITIES-AC
10:30 BENCHMARK
EXERCISE GROUP-MP
1:30-2:30 ICE CREAM SOCIAL-MP
2:00 BINGO: SWVC SPONSORED-MP
2:30 MUSIC THERAPY WITH JERRY-4N
4:00 HYDRATION CARTROOM VISITS
7:00 POKER NIGHT-MP

Fri

1 8:30-10:00 COFFEE/FREESTYLE
ACTIVITIES-AC
10:30 BEAUTIFUL ART PROGRAM WITH
MARITZA-CHAPEL
12:00 AMERICAN LEGION HOLIDAY TOUR
2:00 SINGER: GEORGE SPENCER-MP
4:00 HYDRATION CARTROOM VISITS-UNITS
7:00 BINGO: SERVE (US STEEL) SPONSORED
BINGO-MP

8 8:30-10:00 COFFEE/FREESTYLE
ACTIVITIES-AC
10:30 BEAUTIFUL ART PROGRAM WITH
MARITZA-AD PT
2:00 SINGER: JERRY DEMARIA-
A TRIBUTE TO THE STARS-MP
3:00 HAPPY BIRTHDAY KITTY #101-MP
4:00 HYDRATION CARTROOM VISITS
6:30 ADAPT FORE VET GOLF PROGRAM-MP

15

8:30-10:00 COFFEE/FREESTYLE
ACTIVITIES-AC
9:00-11:30 COOKIE BAKING-AC
2:00 JOE LEGE-MP
4:00 HYDRATION CARTROOM VISITS
6:30 MOVIE NIGHT-MP
7:00 BINGO: VFW 914
WEST MIFFLIN-MP

22

8:30-10:00 COFFEE/FREESTYLE
ACTIVITIES-AC
10:00 TABLE BALL EXERCISE-MP
2:00 ALL ABOUT CHRISTMAS TRIVIA
WITH APRIL FROM ANOVA HOSPICE-MP
4:00 HYDRATION CARTROOM VISITS
6:30 FREESTYLE ACTIVITIES-AC
6:30 MOVIE NIGHT-MP

29

9:00-11:30 COOKIE BAKING-AC
10:00 TABLE BALL EXERCISE-MP
2:00 BINGO: USMC RESIDENT JOE G.
SPONSORED-MP
4:00 HYDRATION
CARTROOM VISITS
6:30 UNIT BASED 1:1 ACTIVITIES

Sat

2 8:00-9:30 FREESTYLE
ACTIVITIES & COFFEE-AC
10:00 FATHER STEVE MASS-CHAPEL
2:00 WORSHIP SERVICE PENTECOSTAL
TEMPLE-CHAPEL
6:30 SWVC RESIDENT VETERANS
SUPPORT GROUP MEETING-MP

9 9:00-2:00 SWEATS FOR
VETS-MP/UNITS
2:30-UNIT BASED 1:1 ACTIVITIES

16

8:00-9:30 FREESTYLE
ACTIVITIES & COFFEE-AC
10:00 FATHER STEVE MASS-CHAPEL
2:00 VOCAL CONFLUENCE
PERFORMANCE-MP

23

8:00-9:30 FREESTYLE
ACTIVITIES & COFFEE-AC
10:00 CARD GAMES-AC
4:30 STEELERS GAME ON BIG SCREEN:
HOME VS. CINCINNATI-MP

30

8:00-9:30 FREESTYLE
ACTIVITIES & COFFEE-AC
10:00 CARD GAMES-AC
2:00 BINGO: SPONSORED BY KITTY'S
DAUGHTER MARY-MP

Calendar
subject
to
change



Activities Department

VETERANS SUPPORT GROUP



ALL RESIDENT VETERANS ARE WELCOME
MEETS THE 1ST SATURDAY OF EVERY MONTH

TIME: 6:30 PM

PLACE: MULTI-PURPOSE ROOM

Activities Department



Gentiva Hospice honors veterans with pinning ceremony



Activities Department



Tropical Plus Planting Activity



Activities Department



Activities Department



Volunteer Department

“Start where you are. Use what you have. Do what you can”

-Arthur Ashe



Contact Brian Beach - Volunteer Resource Coordinator
at 412-665-6790 to learn how you can become a volunteer today.

November Bingo Sponsors (Thank You):

American Legion 712 Pleasant Hills

In Memory of G. Lannen USAF

BPOE Lodge 577

PA Elks

USMC Joe G.

Pitcairn Women's Club

Marine Corps League

Military Order of the Purple Heart

VFW 6664 Library

SWVC Veterans Fund

Worship Services (Thank You):

Catholic Mass – Father Steve

Prayer Visits – Ladies of Charity

Eucharistic Minister—Nancy Forbeck

Pentecostal Services – Pentecostal Temple Pgh.

Protestant Services—George Poe

Therapy Animals (Thank You):

Eli & Sue

Mia & Lisa - Therapets

Moe & Harriet—Therapets

Leroy & Emelee—Therapets

Volunteer Department



Brenna Collery from Troop 9329 completed her Eagle Scout Project at SWVC and dedicated the new flagpole on Veterans Day.

Congratulations Brenna!



Volunteer Department



We are thankful for all of our amazing volunteers... 2-legged and 4-legged

Team Rubicon visits SWVC on Veterans Day to honor our heroes



Volunteer Department



**Students from Washington Elementary are grateful
for our Veterans service to our country!**

Thank you to Mrs. Davidson's 5th Graders!



**Students from McIntyre Elementary in the North Hills School District made turkey
centerpieces and Thanksgiving placemats for the Veterans of SWVC.**

Thank you to Mrs. Richert's first grade class!



Want to keep updated on DMVA?
Follow us on these
social media platforms!



Search "Pennsylvania Department of Military and Veterans Affairs" on any of those sites to connect with us and see the latest news, pictures and videos from DMVA.



Newsletter Mailing List:

If you would like to be added or removed from the newsletter mailing list please contact

Brian Beach / Volunteer Resource Coordinator

bribeach@pa.gov / 412-665-6790